

## 7<sup>th</sup> N-ECCO School, Amsterdam 2016

*Once again, we can celebrate the success of the N-ECCO School! It was a pleasure to have both nurses and dietitians co-chair each session.*

This year the School was attended by 26 nurses from 18 countries and 10 dietitians from four countries. The School covered a wide range of IBD topics for novice Inflammatory Bowel Disease (IBD) nurses and dietitians. The primary aim of the School is to enhance basic knowledge in a clear and concise manner in order to prepare nurses new to IBD and assist dietitians interested in gaining knowledge so that they can better support IBD patients throughout Europe. In addition, the N-ECCO School has come to serve as a great networking opportunity for this group of nurses and dietitians, enabling them to share experiences and plans for furthering their careers.

The programme for the N-ECCO School 2016 was based on past years' experiences and the evaluations from 2015. International clinicians, nurses and dietitians were invited as presenters.

The School's first session was opened by **Bas Oldenburg** from Utrecht, who provided an overview of anatomy, physiology and diagnosis in IBD. He was followed by N-ECCO Committee chair, **Janette Gaarenstroom**, from Utrecht, who presented the psychosocial impact of IBD, highlighting the psychological effects of IBD of which nurses and allied healthcare providers need to be mindful when caring for IBD patients.



After the coffee break, **André D'Hoore** from Leuven provided a summary of IBD surgery, where the ultimate treatment goal is to improve symptoms without the use of corticosteroids. He was followed by an excellent presentation by **Ailsa Hart** from London, who covered the key principles of medical treatment in IBD, which include achieving the correct diagnosis, discussing the aims and goals of treatment, and using the "right drug at the right time" while at the same time assuring that key issues for patients are addressed. Adherence to medical management is very important when dealing with a chronic disease such as IBD. **Palle Bager**, Clinical Nurse Specialist from



European  
Crohn's and Colitis  
Organisation

Aarhus, explained important principles regarding adherence and non-adherence to medical treatment, investigations and follow-up appointments, as well as other recommendations.

After lunch the participants were split into two groups and parallel case-based workshops were held. **Andreas Sturm** from Berlin led the workshop on Ulcerative Colitis and **Nanne de Boer** from Amsterdam led the one on Crohn's Disease.

The final session was led by **Rotem Sigall-Boneh** from Tel Aviv on nutritional aspects in IBD. She provided an overview of the role of diet in the pathogenesis of IBD and dietary therapies, and provided nutritional assessment guidelines for nurses and dietitians within a multidisciplinary team approach. She was followed by **Lydia White**, IBD Nurse Practitioner from Oxford, who stressed the importance of the contribution of IBD nurses on the management team and reviewed N-ECCO Consensus Statements which highlight the various roles of the IBD nurse.

The N-ECCO Committee will be reviewing feedback from the evaluation forms from 2016 in order to plan next year's N-ECCO School. This feedback is invaluable in enabling us to build upon the School's success and continue to ensure that it makes an outstanding contribution to the knowledge of IBD nurses and dietitians and to IBD patient care across Europe.

N-ECCO would like to thank the participants and N-ECCO National Representatives for their contributions in once more making the School such a success. ***We look forward to nominations for the 8th N-ECCO School, to be held in Barcelona in 2017.***

Usha Chauhan

N-ECCO Member